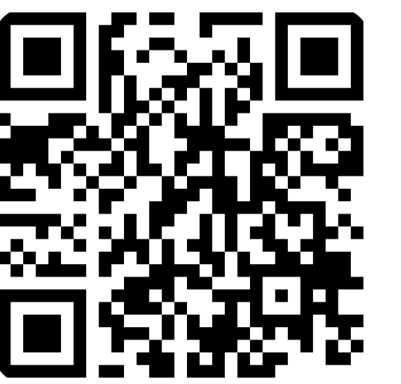


PTSD and Quality of Life Changes in Aortic Disease Patients

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BACKGROUND

- Post-Traumatic Stress Disorder (PTSD) is well defined and studied in the context of trauma.
- Recently, major cardiac diseases/events have been identified as risk factors PTSD.
- Aortic diseases (AD), specifically aortic dissection is less understood however given its dramatic course and poor prognosis we posit that it is a significant risk factor.

OBJECTIVE

- To determine whether Aortic disease can lead to development of PTSD and the impact on patients Quality of Life and Quality of Life perception.

METHODS

- In this IRB-approved study, 4 types of aortic diseases were identified as possible traumas
- PCL-5 checklist was used to measure symptoms of PTSD
- Modified Veterans-Rand Survey was administered to assess health related quality of life.
- Optional free-text sections for addressing secondary objectives (quality of life and feedback for clinicians)
- Data were collected by an online self-administered, anonymous survey in 2020, 2021 and 2022.

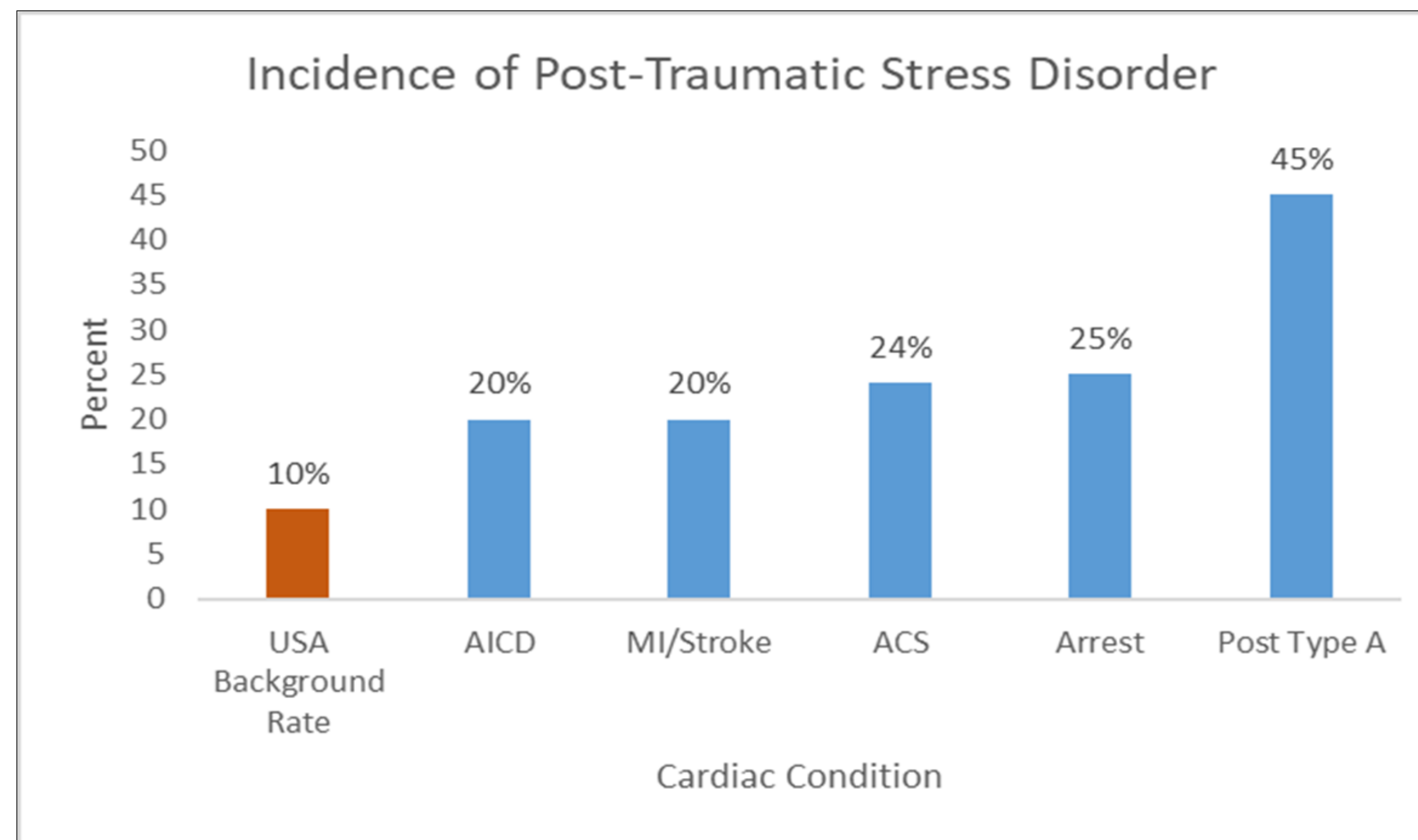
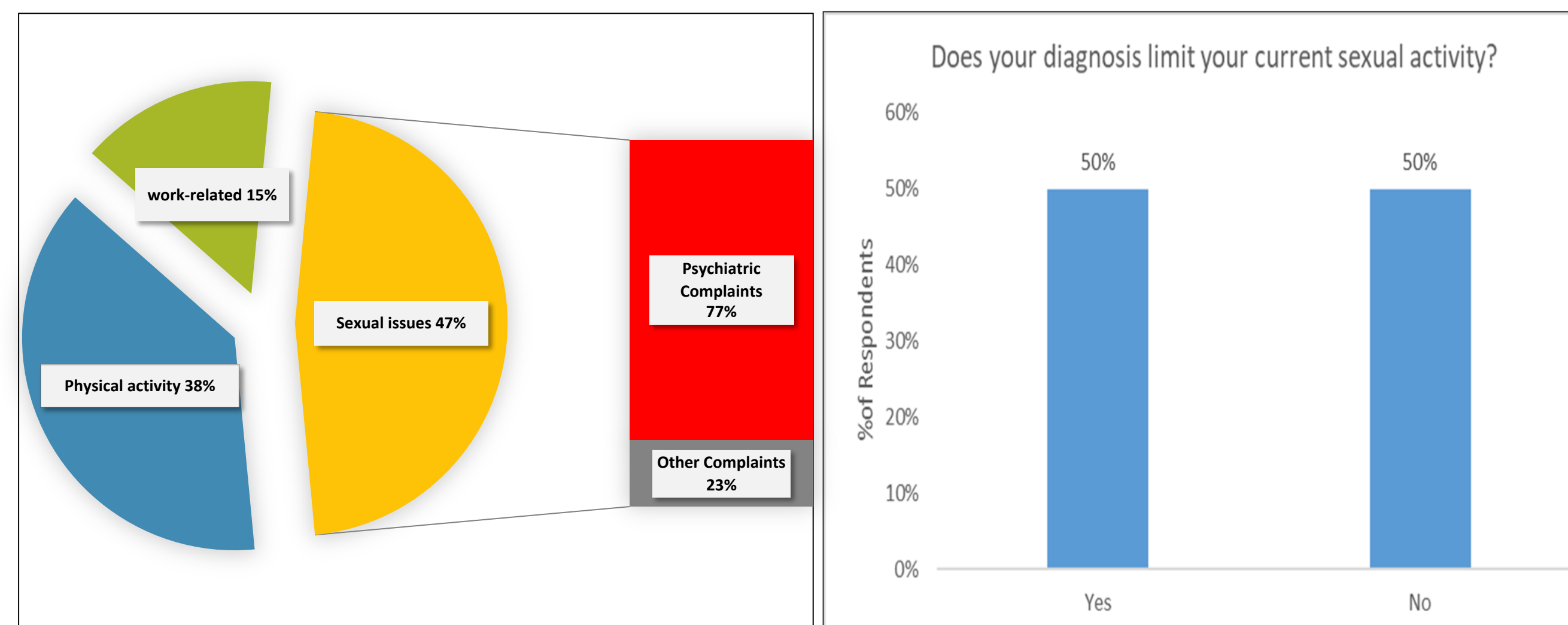


Figure: Rates of PTSD in various cardiac diseases when compared to background rate



RESULTS

- N (668)
- **28.1% patients had provisional diagnosis of PTSD based on PCL-5**
- 55.6% had psychiatric complaints (n =302)
- 77% reported impaired perception of QOL
- 49% reported reduction in physical activity
- 19.5% reported work-related concerns
- 50% reported impact on sexual activity

CONCLUSION & IMPLICATIONS

- Aortic Disease is a significant risk factor for PTSD
- Symptoms reported were in congruence with other disorders such as adjustment, generalized anxiety, and major depressive.
- There is significant impact of QOL and perceived QOL was seen; especially in patients with untreated anxiety and depression – even if they didn't meet criteria for PTSD
- Patients with untreated psychiatric illness have poor health behaviors and therefore poor health outcomes.
- Cross collaborative care model with Cardiothoracic Surgery and Psychiatry would help identify at-risk individuals early and improve overall outcomes.

In relation to this presentation, I declare that there are no conflicts of interest.